

# SJ celebrates MLK's 75th birthday

See Page 2 for story



# 4th FW safety encourages road rules for new year

By Lt. Co.I Pat Pence

4th Fighter Wing Chief of Safety

riving a motor vehicle, four-wheel or two-wheel, is a privilege, not a right, in our great country.

Yes, you may have passed the driving tests, bought your own vehicle, and paid for your insurance. But the esponsibilities you incur with this great privilege you exercise when you get behind the wheel are posted on every road you drive on - on and off base - in the form of stop signs, speed limit signs and many other caution and warning signs.

As you become a more experienced driver there are a few questions and habits that should become part of your safe driving repertoire.

the road-worthiness of your vehicle?

Check the tire pressure and tread depth; check the working condition of all exterior lights, turn signals, brake lights; as well as the condition of your wiper blades and any other equipment you may need during less than optimum driving conditions?

This small inspection should be done routinely on the first weekend of each month when you are not rushed for work and will provide you a margin of roadway safety well worth the time you invested, as well as keep your vehicle in better working order.

Next, build an extra 30-60 seconds into your morning routine to allow

time you took a few minutes to check or build up of frost from the outside of all the windows.

> This will help your vehicle properly warm up and let you see out safely

Finally, before you put the car in motion, its time to make sure both you and your occupants are safely buckled up - yes, even those in the far back seat if you have a large van or sport utility vehicle, while making sure all heavy objects are properly secured as well so they don't become a "flying" hazard during an unforeseen immediate stop.

Once you are underway, it is not the time to make up lost time because of a late start. Accept your tardiness and time for your car to warm up while obey the posted speed limits as well as

To begin with, when was the last you thoroughly clean the heavy dew other traffic safety laws; you may arrive a few minutes late, but you and your vehicle will arrive in one piece and with no traffic summons issued.

Also, be aware of your surroundings while underway - this includes both upcoming roadway hazards and other drivers who are creating a hazard by their driving.

As you scan the road ahead, remind yourself "gotta leave myself a way

Over time you will learn to anticipate the other driver doing the one thing no one "in their right mind" would do. You will have anticipated the potentially disastrous move and will have left yourself a way out.

During the fiscal year of 2003. the Air Force lost 65 airmen in privatelyowned vehicle mishaps on our nation's highways.

More than in combat.

Twenty-two percent of the Air Combat Command airmen involved in serious POV mishaps were not wearing their seat belts.

Mishaps where speeding was a factor was an even greater percentage. ACC Commander Gen. Hal Hornburg announced Tuesday that the goal for seatbelt utilization for all ACC airmen will be greater than 99 percent.

That means 100 percent compliance; seatbelts from start to stop whenever you are behind the wheel - on or off duty - private or government vehicle.

Highway safety is no accident. Follow the posted rules wear your seat belt and drive to arrive!

# **UP- FRONT FOCUS** | *Honoring families*



Staff Sgt. Denise Spaulding (right) dishes out her family's meal Monday night. They are, in order, Justin, 7; Austin, 9; Alyssa, 13; Delani, 20 months and Master Sgt. Robert Spaulding. Their oldest son, R.J. is a student at East Carolina University. Denise and her family were chosen to represent the 4th Fighter Wing staff agencies at this year's military family appreciation banquet. The Spauldings celebrated their ninth wedding anniversary yesterday.

By Senior Airman Samuel King Jr.

Public Affairs

Six military families will be honored for their contributions to the wing and the community during the family appreciation banquet Jan. 22 at the officers'

The banquet, which is sponsored by the military affairs committee, is the main event for the Family Appreciation Week to honor all of the Air Force fami-

Although all families are honored at the banquet, only one family from each of the groups nominated get to be the

guests of honor.

"Without these families and what they do for the whole community, the Air Force wouldn't be what it is today," said Master Sgt. Lee Wright, wing readiness

See FAMILY, on Page 7

# Cops battle onbase burglaries

# Crime rises in dorms, housing

2nd Lt. Jamie Humphries

increase in on-base burhas many wondering what they can do to avoid ming a victim.

ording to security forces in 2003, residency theft at Seymour Johnson increased between 200-300 percent and in the dormitories more than 50 percent of the theft occurred in an unlocked

"Our office usually receives around 36 cases per year," said Staff Sgt. Rafe Rice, security forces investigator. December alone, we received more than 11 cases involving theft from base housing and the dorms.'

Sergeant Rice said a majority of items stolen are electronics such as gaming systems, video games and digital video

Officials explain that reporting a theft in a timely matter is a crucial step in catching a

"Some people are reluctant to report a theft because they are embarrassed," said Sgt. Rice. "In order to catch a criminal, we need people to report crimes immediately after they

Because of the increase in theft cases, security forces has taken steps to deter theft including sending out a property identification form to residents, teaming with the Office of Special Investigations and increasing foot patrols around housing facilities.

While security forces have taken pro-active steps to detour crime in housing, they still need assistance from the pub-

"The community has to be involved," said Sgt. Rice. "It is a team effort.

# Steps residents can take to avoid being a victim of theft:

- ♦ Secure your residence, vehicles and loose property.
- ♦ Report a theft immediately by calling 722-2097.
- Close your curtains or blinds.
- ♦ Don't tell people you are going out of town.
- ♦ Write down serial numbers of electronic equipment and mark expensive property with the first letter of your last name and the last four digits of your social security number.

# Seymour loses two valuable team members over holidays

The people of Seymour Johnson lost two of its own when Robert "Bobby" Henson passed away of a heart attack at age 61 Dec. 29 and 1st Lt. Molly Cook passed away due to injuries suffered in a car accident

Henson was a federal employee for 42 years. He began his career in civil service in 1961 as a cashier at the Seymour Johnson commissary.

He moved to many other positions on base over the years, including positions in civilian personnel, military personnel and manpower.

In 1987, Henson was selected as the chief of programs for the newly created family support center and

went on to be named the director of the FSC in June 1991.

In addition to a career in civil service, Henson was a 37-year veteran of the United States Air Force Reserve. He served as the superintendent of

the base family advocacy office for 21 years.

Chief Master Sgt. Henson retired from the Reserves in 1998.

Henson was not only a valued member of the base community; he was active in the downtown community as well.

"Mr. Bobby had a love for children like I've never seen before," said Senior Master Sgt. Deborah Gross, superintendent of the family support

center. "He greeted every child that walked in the center with a hug and then gave them candy. He was a great mentor. He taught us all how not to judge and love unconditional-

He is survived by his wife, Elaine, two children Tracy and Gene and one grandchild Daniel.

"The FSC staff will miss him greatly," Sgt. Gross said.

Lieutenant Cook, a native of Hendersonville, N.C., received her commission in 2001 after receiving a bachelor's degree from N.C. State University.

Her first assignment was to the Air Education and Training Command

America's Air Force &

Headquarters, Randolph Air Force Base, Texas.

She was a behavioral science officer with the Air Force Occupational Measurement Squadron.

As an occupational analyst, she developed and analyzed surveys for the enhancement of Air Force personnel training, testing and research programs

In February, she came back to North Carolina and into the 4th Mission Support Squadron at Seymour. She was the deputy chief of the military personnel flight. As well as serving her country, she

helped in community activities both in Texas and in North Carolina when-

"Lieutenant Cook was an outstanding officer," said Capt. Jennifer Nevius, MPF chief. "In addition to her professionalism and work ethic, we will always remember her positive attitude, her sincere compassion for others, and her smile that she carried with her everywhere."

She is survived by her husband, Archie Cook and her parents.

In lieu of flowers, the family requests any donations to be made to the Henderson County Community Foundation's Molly Scholarship fund at P.O. Box 1108, Hendersonville, N.C. 28793. For more information, call 722-4500.

# Weekend weather

High: 38

Low: 26

Saturday

Sunday High: 41

Low: 23 Get up-to-date weather at the 4th OSS weather flight page on the base intranet

the 4th Fighter Wing Opinion Page Page News Briefs .Wordsearch

No One Comes Close Page 7 . News .Sports Page : Page 9.. ...Out & About

# Oak Forest gate construction to start

See Page 3 for story

SJ celebrates MLK's 75th

# 4th MDOS/CC reminds everyone to honor the dream with service

By Lt. Col. Deborah Jones 4th Medical Operation Squadron . Commander

The 2004 King Holiday Observance will mark the 75th birthday of Dr. Martin Luther King, Jr., and the 18th year for the national holiday in his

Mrs. Coretta Scott King, widow of Dr. King states that the holiday celebrates the life and legacy of a man who brought hope and healing to

The King holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that

achieved historic reforms to help make it a reality.

Mrs. King goes on to state that the King Holiday is "a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many people from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream that Dr. King had for America."

Mrs. King further stated, "The Martin Luther King, Jr. Day is not only for celebration and remembrance, education and tribute, but above all a day of service. All across America on the holiday, his followers Martin Luther King, Jr. tried perform services in hospitals, shelters, to give his life serving others. prisons and wherever people need some help."

According to Mrs. King, Dr. King once stated that life's most persistent and nagging question is "What are you doing for others?"

He would quote Mark 9:35, the scripture in which Jesus tells James and John "Whosoever will be great among you shall be your servant; and whosoever among you will be the first shall be the servant of all."

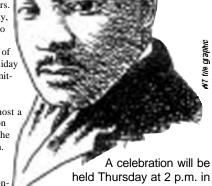
Mrs. King said that Dr. King further stated when he talked about the end of his life he lifted up the value of serv-

For instance he said, "I'd like somebody to mention on that day, that

I want you to say on that day, that I did try in my life ... to love and serve humanity.

The King family calls all of us to commemorate this holiday by making a personal commitment to serve humanity.

The African-American Heritage Committee will host a commemorative celebration in his honor Thursday, at the community center at 2 p.m. The theme is Remember! Celebrate! Act! A Day On .. Not a Day Off. The honorable Mayor Al King, Mayor of Goldsboro, N.C. will be the guest speaker.



the community center. Goldsboro Mayor Al King is the guest speaker



# Chanute gave Wrights helping hand

American civil engineer who is best known for the support and encouragement he gave the Wright brothers during the years they were developing their aircraft. Mr. Chanute was born Feb. 18, 1832, in Paris, France.

States at a young age and became a citizen.

His professional career was spent designing and building bridges and supervising the construction of railways.

He first became interested in aviation in 1875 and adopted it as a second career when he retired from his engineering business in 1889.

In 1894, he published a of papers that described the efforts of others to build various types of aviation with anyone who him.

Octave Chanute was an flying machines from ancient times to the present.

Mister Chanute corresponded with many important figures in aviation, including Otto Lilienthal in Germany and the Wright brothers in the United States.

In 1896, he began experi-He came to the United menting with gliders in a camp on the shores of Lake Michigan, near Chicago.

He built, along with Augustus Herring, a glider that was the most advanced of its time and made about 2,000 gliding flights without an accident.

The data he collected would prove useful to the Wright brothers when they were developing their early glider designs.

Mister Chanute freely shared his knowledge about

History & Heritage is a column provided by the 4th Fighter Wing Historian's office.

was interested and expected others to do the same. This led to some friction with the Wright brothers, who wanted to protect their invention through patents.

Mister Chanute was internationally known in aerial circles and had chaired international conferences on aerial progress. Mr. Chanute, a confidant of the brothers, had visited the Wrights' in Kitty Hawk, N.C. and Dayton, Ohio. He provided the brothers with valuable information that eventually led to the development of a heavier than air flying machine.

Octave Chanute died Nov. 2, 1910, but will always be remembered for his contribution to man achieving flight.

Here on Seymour Johnson, Chanute Street is named for

# eamwork

Master Sgt. Jerald Hatcher 4th Operations Support Squadron

Everyone has heard or read about teamwork and how vital each member of the team is, but a first-hand example is more likely to make you really think about it. As an air traffic controller, I have the luxury of witnessing teamwork and its importance to flight safety on a daily basis.

When I decided to cross-train, I took a tour of the control tower at Kelly AFB, Texas. Little did I know what I would witness that

In the middle of the facility tour, an F-16 departed and experienced an afterburner blowout. I heard a loud pop and saw a long stream of fire come out of the engine's exhaust. What I witnessed then was teamwork at its best, as the entire crew leaped into action. The local controller immediately keyed up the radio and cleared four other aircraft out of the traffic pattern, and simultaneously issued a landing clearance to the distressed iet. At the same time, the controller working the Flight Data position activated the crash phone and relayed all

the emergency information to the fire department, base hospital and airfield management personnel. The ground controller grabbed a pair of binoculars and scanned the runway prior to the emergency landing and subsequent engagement of an aircraft arresting cable. The Watch Supervisor on duty coordinated breakout instructions with the civilian radar approach control for the other aircraft close by due to the runway being tied up with the F-16 emergency. That day I saw first-hand how well these young Air Force members formed the ultimate team.

Fourteen years later, I am privileged to be working at Seymour Johnson's Radar Approach Control or "RAPCON" as we call it. Yes, the same level of teamwork is demanded in the RAP-CON as it was during that tour of the control tower.

need for teamwork and it still amazes me how all kinds of peo ple with varying backgrounds. experience, and personalities come together seamlessly without even thinking about it. Controllers come and go, but the professionalism always seems to

Over the years I've seen the

# SJ sgt gives his opinion

hang around, no matter how under-manned we get or what challenges come our way.

Now I get to witness an even bigger picture of teamwork when there is an aircraft emergency Tower controllers still do their thing, while we work as a 9-person team downstairs. Together, we form an even larger team with airfield management, the fire department, and the clinic's flight surgeon personnel. While we may not be physically "in the cockpit" alongside the pilots, we surely are in the figurative sense.

Each member of our team is vital to the success of the 4th Fighter Wing, just as you are vital to your team. You see, without realizing it, we all work together every day to form a larger team, just as our wing in-turn forms an even larger team. When you think about it in the "big picture" sense, you will realize how teamwork is probably the most important asset we possess as a single "cog" in the military machine.

When every single person performs their duties to the best of their ability, you can imagine how strong the team really is.

Of course it's more than OPSEC that determines who wins or loses, but it's an important part of any

OPSEC is about denying potential adversaries information about capabilities and/or intentions by identifying, controlling, and protecting generally unclassified evidence of the planning and execution of sensitive activities.

winning program.

See OPSEC, on Page 3

# There's something about OPSEC

Operational Security Officer "OPSEC? That doesn't apply to

me. I only push paper and besides, I'm too busy to think about OPSEC. The mission comes first.'

By 1st Lt. Antonio Salazar

4th Fighter Wing

If you ever thought or heard someone say something like that, guess what? Operational Security is not limited to the military

Fans of profession football are

certainly familiar with terms like "clueing" and "reading."

Good defensive teams are great at reading a quarterback's body language and observing their actions starting from where they looked to what they do with their hands for clues to predict and stop an offensive play.

OPSEC comes in when the offense takes action such as having the quarterback practice looking off or faking a play to throw

defensive players off. OPSEC is not just limited to the

players on the field.

During games, coaches use large pieces of paper to cover their mouths or have multiple people transmitting plays to the quarter-

Why?

Teams have people monitoring every move a coach makes for critical information that give them the advantage over one another.

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722-0021 e-mail submissions to: wte.4fwpa@seymourjohnson.af.mil
Commander, 4th Fighter WingBrig. Gen. Rick Rosborg
Chief, Public Affairs Capt. Jeffrey Jones
Chief of Internal Information 2nd Lt. Jamie Humphries
NCO-in-charge, Internal Information Staff Sgt. Scott Eator
EditorAirman 1st Class J.G. Buzanowsk
Staff WriterSenior Airman Charity Jules
Staff WriterSenior Airman Samuel King Jr
Staff Writer Airman 1st Class Myntiquewa Culber

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photos unless otherwise indicated

Seymour Johnson's Action Line is brought to the base by 4th Fighter Wing Commander, Brig. Gen. Rick Rosborg.

It provides a communication channel for people to obtain information and assistance in making Seymour a better place to live and work The general asks that before calling the Action Line, people try to

resolve their particular problem with the responsible base agencies

sted here:			
ase exchange	735-8512	Military pay	722-5373
haplain	722-0315	AFOSI	722-1220
ivil engineering	722-5139	Public Affairs	722-0027
ivilian pay	722-5358	Safety	722-4093
ommissary	722-0321	Security forces	722-0121
lilitary equal opportunity	722-1180	Services	722-5331
spector general	722-0008	Transportation	722-5089
ousing maintenance	736-7021	Travel pay	722-5362
PICAPE	(800) 931-9501	Vouth center	722-0330

722-0006 or 4fwactionline@seymourjohnson.af.mil



# ANG provides security to SJAFB

By Staff Sgt. Scott Eaton Public Affairs

hanks to a little help from our friends in the Army National Guard, soldiers have been providing assistance to the 4th Fighter Wing in the form of added security and manpower for the 4th Security Forces Squadron for a year now.

Soldiers from the 1-178th Field Artillery Battalion and the 163rd Combat Support battalion have been stationed at Seymour since February 2003 providing security and augmenting the security forces, which have supported many overseas deployments in the last

"There are 75 soldiers total from the Army National Guard stationed here. We have sent back 27 soldiers due to their own deployment taskings required by the Army," said 1st Lt. Joshua Hopewell, 4th SFS operations officer.

been integrated into the operations of the 4th SFS and have passed the initial quality control examinations required to perform duties as security forces officers.

"They've done real well, they are fully integrated now and they did very well on their QCs," Lt. Hopewell said. "They are posted at the visitor's center, as installation entry controllers, and as internal and external security response teams.'

The current jobs have allowed the soldiers to learn a different career than their iobs in the Army, which is frontline support and field artillery.

"This has been a positive learning experience for us, the majority of our soldiers have never been on active duty this long, but we are happy to be here and morale is very high," said Army 1st Lt. Chauncey McLeod, officer-in-charge of the ANG units. "We are taking advantage of the opportunities for educational pursuits, and the recreational facilities on base.

As well as working here, the soldiers have been given rooms on base and have enjoyed time off to visit their homes

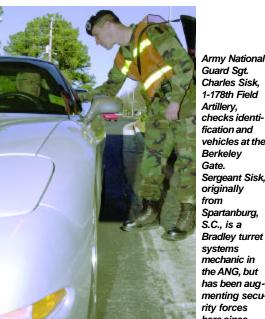
The soldiers are staying in billeting and are able to have families visit when not on duty.

"Most of the soldiers head home to visit families on their days off because we are close enough to do that," Lt. McLeod said The ANG units are scheduled to stay

for one more year, which was the original amount of time set forth by the Memorandum of Agreement. After that time they will return to their

original jobs in the ANG.

"It has been a great pleasure to work with the Air Force and the soldiers have acclimated themselves to everyday life as security forces members," Lt.



Staff Sat. Scott Eaton / WT February

Guard Sat. Charles Sisk. 1-178th Field Artillery, checks identification and vehicles at the Berkelev Gate. Sergeant Sisk, originally Spartanburg, S.C., is a Bradley turret systems mechanic in the ANG, but has been augmenting security forces here since

# \$cholarships for students available at Seymour

Wright Times Staff Report

Many base and other military organizations are offering scholarships at this time to those looking to attend college and further their education. Here are some of the opportunities available.

- ♦ AEF scholarship: The Aerospace Education Foundation's Air Force Spouse Scholarship applications are available at the base training center. The scholarship is for \$1,000. Deadline for applications is Jan. 30. For more information, call 722-5800.
- ◆ MOAA scholarship: The Military Officers Association of America is offering a \$1,000 scholarship to any 23-year old or younger dependent of a military member. Applicants must

be seeking a bachelor's degree only. Recipients are randomly selected. Deadline is March 1. Applications are available at www.moaa.org.

- ◆ Commissary scholarship: The commissary is offering a \$1,500 scholarship to any unmarried children, 23-years-old or younger of a military member. Applicants must also have at least a 3.0 grade point average and be seeking a bachelor's degree only. For more information, call 722-
- OCSC scholarship: Applications for the Officers and Civilians Spouses Club scholarships are available at the thrift shop, education center, family support center and area school guidance offices beginning Thursday. Applications are due March 15. For more information, call 751-8816.

# Family nights continue in 2004

By 2nd Lt. Tammie Adams Public Affairs

he officers' and enlisted club host family nights once a month to give families a chance to eat a low-cost meal and interact socially with other members of the base community.

This month the dates are Jan. 21 for the enlisted club and Jan. 22 for the officers'

"This has been a very successful initiative that really gained lots of momentum during the time when we had large numbers of airmen deployed," said Lt. Col. Bill Snodgrass, the 4th Mission Support Group deputy commander. "Family members found this to be a great avenue for fellowship."

The children eat in a separate sitting area, but the parents are still close enough to keep

"This gives parents the chance to socialize with friends, while still able to be responsible for their children," said Candie Marriner, the marketing director for services. "The kids also enjoy the company of the other kids.'

Other entertainment, such as movies and clowns, are also available for children.

"Family night is just one more outstanding Services initiative that shows how our club goes the extra step to provide quality service to our airmen and their families." said Chief Master Sot Paul Parker 4th FW Command Chief Master Set "The food is good, the price is right, and it's a great setting to talk with friends and co-workers.'

A different main dish is served each month, such as roast beef or oven baked chicken, with a variety of sides.

"Our meals change to fit the seasons, with

See **NIGHTS**, on Page 5

# Loans temporarily help reservists called to duty

By Staff Sgt. Michelle Thomas American Forces Press Service

WASHINGTON - Overseas deployments can be tough on families.

Naturally, the initial focus falls upon the emotional cost of separation.

But, for guardsmen and reservists who own small businesses, the cost involved in a deployment takes on a whole new meaning.

For the past two years, the U.S. Small Administration's Military Reservist Economic Injury Disaster Loan program has provided loans to eligible small businesses to cover operating costs that cannot be met after a key employee is

Often the "key employee" is the business owner, whose family depends on the income generated from the company.

When Rick Parsons, who is assigned to the 401st Civil Affairs Battalion from Churchville, N.Y., deployed last year to Afghanistan, his veterinary practice took a major hit.

Mr. Parsons and his wife, Marla, ran the hospital, with Mr. Parsons serving as its only veterinarian responsible for performing all surgeries, exams and emergency

"During the year prior to Rick's deployment, we tried to hire a full-time vet." Mrs. Parsons said.

When Mr. Parsons received his orders, the search became even tougher.

sole vet in a small practice," Mrs. Parsons said.

Finding a full-time vet was next to impossible. As a result, the Parsons hired part-time veterinarians, but the business ultimately suffered.

When Mr. Parsons realized he could be on active duty for more than a year, he applied for assistance through the loan

"Many small businesses have had to cope with the loss of know-how and have been hurt financially by the absence of a key employee during the recent call-ups," said Hector Barreto, Small Business Administration administrator, "This loan Small Business Administration deterprogram has helped many businesses sur- mines the amount of economic injury.

"People were hesitant to work as the vive, and the SBA will continue to support these dedicated men and women who have made such a great sacrifice in the course of serving their country.'

> Small businesses like the Churchville Veterinary Hospital may apply for loans of up to \$1.5 million if they have been financially affected by the loss of an essential employee.

These working-capital loans may be used to pay operating expenses that otherwise could have been covered if the reservist or guardsman hadn't been called to active duty.

The loans cannot be used to refinance debt or expand the business, and the

The filing period for the loans ends 90 days after the date the business owner or key employee is discharged from active Now that Mr. Parsons has returned

home, his wife said their business is still in a crunch because, as with any loan, the money has to be paid back. To pay back the loan, the Parsons hired

a full-time veterinarian to run their practice while Mr. Parsons took a job at a local university.

But Mrs. Parsons said the loan program provided some vital financial assistance when she and her husband needed it.

"We probably would have lost the practice if (the SBA) hadn't lent us the money," she said.

# Oak Forest gets new gate upgrades

Wright Times Staff Report

ne of the many construction projects way this week in an effort to better protect the base and security forces.

Squadron a new guard house and a can remain open during construction."

canopy much like the one at the front

"The project has already started," said going on throughout the base got underway this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way this week in an effort to better prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort to be the prosent way the week in an effort way the we companies will be working on the gate improvements will make it safer for us That project is the Oak Forest Gate, simultaneously. One working on the to do our job and will keep us out of the and the construction will provide the guard house and canopy - the other inclement weather as well." members of the 4th Security Forces installing a temporary road, so the gate

The 4th SFS is enthusiastic about the new improvements.

"We're glad to be getting the new

The project is scheduled to be complete by the end of June.

# First Term Airmen Center Burgos, Ruben Lisojo, Graeme

By Senior Airman Terrace Gill First Term Airmen Center

Congratulations

December's outstanding First Term Airmen Center graduates: Airmen 1st Class Aaron Childs (Class Leader) and Christopher Younce, 4th Aircraft Maintenance Squadron; Airman 1st Class Carlos Cabrera, 4th Equipment Maintenance Squadron; Airmen 1st Class Steven Brevelle and Robert Jarvis, 4th Civil Engineer Squadron.

Congratulations also to the other December's graduates: Airman 1st Class Tricia Chandler, 4th Aeromedical Dental Squadron; Airmen 1st Class Ryan Alonso, Sven Anderson, Jon-Paul Aubert, John Coyle IV, Marc Douglas, Miguel Garcia, Dale Grant, Andrew Hong, Damon Mastrobattisto, Patrick McGue II, Bret McPeck, Wesley Nolan, Michael Orlando, Lamont Starks, Steven Taylor, Jarret Wilkinson, Airmen David Little, and Samual McClure, 4th AMXS; Airmen 1st Class Ryan DeVaul. Tatsuki Christian Martinez Elliott Norris, Casey Swett, Airmen Jacob Flom, and Kevin Lillev. 4th CES: Airmen 1st Class Keith Grady, Ryan Miller, Joseph Olejniczak, Joseph Rogers, Aaron Rupert, Michael Simmons, and Dale Toutant, 4th Component Maintenance Squadron: Airman 1st Class Justin Nabity, Communications Squadron; Airmen 1st Class Johnathan Cagle, Dustin Cichon, Seth Duhon, Jason Fox, Meghan Fox, Adam Semrau, Damon Wheeler, Airmen Patrick Bond, Maria Fe Jonee Lee Yam, and Lamar Parrett, 4th EMS; Airman 1st Class Steven Cotton, 4th Fighter Wing; Airman 1st Class Michael Davison, 4th Logistics Readiness Squadron; Airmen Porshia Reynolds and Chaunice Tarver, 4th Medical Support Squadron: Airman Jennifer Ardila, 4th Mission Support Squadron.

# Keep it secret, keep it safe keep it from breaking.

From Page 2

It's easy to practice OPSEC with classified information for obvious reasons. But it's the unclassified information that doesn't get the respect it deserves.

Our adversaries are watching our every move, listening to our every word for critical information that can be used against us.

Being aware of this is the first step to understanding OPSEC.

The second step is doing your part to limit or eliminate the amount of clues we give away to our enemies.

We can do this by making OPSEC an important part of our mission.

Remember our OPSEC program is only as strong as the weakest link. Do your part to Some work place-related

examples of critical information

■ Open Source Information (Freedom of Information Act data, Public Affairs, 4 FW Web

■ Support Functions (administrative, supply, lodging, medical, and transportation activi-

■ Operations (deviations from normal, stereotyped activi-■ Social Network (Clubs,

social events, lunchtime talk at restaurants, etc.) ■ Shop Talk or Pride Syndrome - "Oh yeah, I've been

working on that project for months, let me tell vou..." These CIs and indicators are then used to build countermea-

sures using the following five key steps:

Step 1: Identify the Critical Information. Critical Information (the "core secrets" of your squadron) is information that, if made available to the adversary, could harm a squadron's ability to get the job done. Critical information is, at the very least, always protected as sensitive unclassified information (i.e. FOUO). Critical Information includes home phone numbers, flight sched-

Step 2: Analyze the Threats. Know who the adversaries are and what information they require to meet their objectives.

ules, etc.

**Step 3:** Analyze the Vulnerabilities. Each squadron must determine and understand what their vulnerabilities are as viewed by a potential adversary. This perspective will help to focus your squadron's attention on correcting each actual or potential vulnerability.

Step 4: Assess the Risks. In a high-threat environment where significant vulnerabilities exist, the risk of adversary exploitation is great. In this environment, OPSEC is a high priority. Since we train like we fight, I'd like to emphasize that OPSEC should always be a high priority.

Step 5: Apply the Countermeasures. Countermeasures are steps taken to prevent the release of sensitive information to our adversaries (i.e. more face-toface meetings instead us using the phone, shred machine, STU-



### Settlement of estate

Fourth Fighter Wing Commander Brig. Gen. Eric Rosborg, regretfully announces the death of 1st Lt. Molly Cook, 4th Mission Support Squadron. Anyone having claims against or indebtedness to the estate of Lt. Cook should contact 2nd Lt. Melissa Nairne, 4th FW Manpower and Organization office Summary Court Officer at 722-5349.

### Grace period for new vehicle decals

The 4th Security Forces Squadron is giving base residents a grace period until Jan. 23 to replace their 03 Department of Defense vehicle decals with the current 04 decal. When coming in to replace the decal members must have a valid drivers license, tag registration, proof of insurance and their military identification. For more information, call 722-1343.

## New visa requirements for UK

The base passport office would like to inform everyone of the new visa requirements for people traveling to the United Kingdom or members with PCS orders.

- Military member: Identification card and NATO or TDY order
- Military family member: passport and visa
- $\blacksquare$  Civilians six months or longer: passport and visa
- Less than six months: passport
- $\blacksquare$  Non-US citizen: passport and visa (passport must be valid)
- Cost of the visa is \$131.
- Members arriving in the United Kingdom after Jan. 14 must have valid documents
- For more information, call 722-4212.

### Chapel renovations

The Catholic Masses and Protestant services are being held at the community center this month beginning this weekend due to the chapel being renovated. For more information, call 722-0315.

## Finance news

The 4th Comptroller Squadron holds its Acute Care Day Thursday for customers to come in and discuss recurring military pay problems. Also the customer service counter is under construction and finance asks for your patience during this time. Finance is also closing Jan. 23 at 3 p.m. for an official function. For more information, call 722-5676.

## Shooting range opens

The base rifle and pistol range will begin opening one day per month beginning in January from noon to 3:30 p.m. The dates are Jan. 24, Feb. 28 and March 27. All handguns and only .308 or small rifle calibers are authorized. Before using the range, shooters must attend a safety briefing and sign a waiver. Waiver briefings are today, Jan. 16 and 23, Feb. 27 and March 26 at 3 p.m. For more information, call 722-1448.

### Commissary open to Guard, Reserve

The commissary is now open to National Guard and reserve military members. For more information, call 722-



This section of the Wright Times features excerpts from the 4th Security Forces Squadron blotter.

Driving under the influence: An airman was civilian was caught at the arrested for DUI by the gate driving with a revoked Goldshoro Department after being on his record. stopped for speeding and registering a .12 on the breathalyzer.

Domestic disturbance: An airman and his wife were involved in a verbal altercation when the airman asked her to leave the room and she refused.

Damage to personal property: Four cars in base housing were spray painted New Year's eve. The individuals were parked car while backing arrested the next day after a out of a driveway in base tip from residents.

Suspended license: A Police license and three offenses

> Theft: One airman had a Playstation 2, 50 DVDs and a DVD player stolen from his dorm room. Another airman had a PS2, a Super Nintendo system and 30 videogames stolen from his dorm room. A third airman had his PS2, an X-Box, 20 videogames, controllers and 30 DVDs stolen from his dorm room.

Accident: Someone hit a housing.

## Days since the 4th Fighter Wing's last DUI:

Once the 4th FW reaches 60 days without a DUI, the wing receives a half of a down day, 75 earns a full down day. Don't be the one who ruins a day off for everyone. Don't drink and drive - call AADD at 722-3333. Information provided by the 4th Security Forces Squadron

# It's all relative

EZXM AKHC 0 S В UAD

Parenthood

**Parents** 

Relative

Reunion

Second

Sister

Step

Uncle

Woman

Pets

# Words can be horizontal, vertical, diagonal or backwards

### Wordsearch words

Adoption
Adults
Aunt
Baby
Birth
Boy
Brother
Child
Children
Cousins

Family Father Female First Friends Girl

Grandfather Grandmother Great Grownup Homer In laws Male Man

Mother Neighbors Nephew Niece

# In the spotlight

## Airman 1st Class Sabria Smith-Vann

# Hometown: Philadelphia

Job title:

Aircraft armament systems specialist

Most influential person in your life:
Jesus Christ my lord, my God and my savior. I can always count on him. He loves me and makes sacrifices for me. This is a perfect example of who I want to be like: a person so loving and caring.

**Hobbies:** Dancing, singing, writing, weight lifting, talking, reading, cleaning and counseling.

Favorite quote: "God will supply all your needs."

## What's scarier - monkeys or clowns?

Clowns are scarier because monkeys are cute and clowns are ugly. Clowns look like they have a color coordination problem. Plus, I saw the movie "It."

What's your most memorable movie moment?
"Men in Black" came out on my birthday, but I didn't get to see it that day because I was on punishment. It was the worst birthday I ever had at the time, but in spite of the bad day, the movie coming out brightened it. It gave me something to look forward to.

# **NIGHTS:** Continue in 2004

more oven baked foods in the winter and more grilled foods in the spring and summer," said Mrs. Marriner.

The children's menu usually consists of pizza, corn dogs, or chicken nuggets.

advantage of the convenient, monthly opportunities to get together for a delicious, hot meal, and best of all, no dishes or cleaning up in the kitchen afterwards," said Tammy Amon of the 4th Services Squadron.

4th EMS

The family nights at the clubs run from 6-"I encourage all friends and family to take 7:30 p.m. Cost is \$4 for members and \$6 for

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•Weekend Masses: Saturday - 5:30 p.m., Sunday - 9:30 a.m. •Weekday Masses:

Weekdays - 11:30 a.m. to

•Confessions: Saturday -4:15 to 5:15 p.m., weekdays by request

• The Catholic Women of the Chapel meets the first Friday of each month at 9:30 a.m. in the Chapel Annex. For information, call 751-0140.

### **Protestant Services**

Sunday services: 8 a.m. - Liturgical worship service

9:30 a.m. - Religious education, ages three through adult, meets in the education center

11 a.m. - Religious education classes at the Family Place

11 a.m. - Traditional service 12:30 p.m. - Inspirational service •The Protestant youth min-

istry meet at 6 p.m. every Sunday. •The Protestant men meet

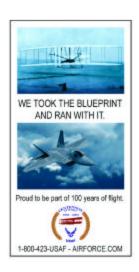
at 9 a.m. the first Saturday of every month. •The Protestant women

meet at 7 p.m. the second Thursday of every month. •For more information, call 722-0315.

To contact a chaplain after duty hours, call command post at 722-2679.

### Jewish, Orthodox and Muslim

Call the chapel at 722-0315.



# Chapel Schedule FAMILY: Banquet honors the military family

### The Dzurkos

Airman 1st Class Mark Dzurko and his family belong to the 23rd Aircraft Maintenance Squadron.

The Dzurkos are very active, both on and off-base with projects like church fundraisers, base clubs and sports teams. The family's community involvement never diminished when Dzurko was deployed. They found time to organize activities for deployed spouses and their families and provided lawn and pet care to those serving the deployment.

### The Furgesons

Technical Sgt. Dana Furgeson and his family are assigned to the 4th Aircraft Maintenance Squadron.

The Furgesons are both leaders in

like Cub Scouts and the Parent Teaching Association, and both volunteer for many school functions. Both have been recognized for their efforts. Furgeson has over 10 decorations and his wife, Vicky was named Volunteer of the Year for Eastern Wayne Elementary

### The Lynchs

Lieutenant Col. Kevin Lynch and his family are members of the 4th Operations Support Squadron.

The Lynchs take part in many school related and outdoor events such as coaching soccer and baseball and involvement in the PTA. They also contribute to the learning process -Lynch with instructing F-15E pilots and his wife Glenda volunteering time at

the Tommy's Road Elementary School as well as working with remedial instruction.

### The Spauldings

Master Sgt. Robert Spaulding and Staff Sgt. Denise Spaulding are members of the 4th Mission Support Squadron and the 4th Fighter Wing staff respectively.

The Spauldings find time to participate in a number of volunteer activities as well as raise five children. Together they have worked with Meals on Wheels, First Term Airmen Center, church functions, adopt-a-highway as well as other volunteering opportunities.

### The Metzlers

Second Lt. Scott Metzler and his family are assigned to 4th Communications Squadron

many squadron functions such as softball, celebrate Seymour, the Volksmarch and Airmen Against Drunk Driving.

### The Seguins

Jan. 9, 2004

Technical Sgt. Melissa Seguin and her family are part of the 4th Aeromedical Dental Squadron.

The Seguins are very supportive of their squadron and the military. The Sequins devote their time to the Air Force Sergeants Association, food drives, Habitat for Humanity, the booster club and squadron sports as well as raising four-year-old twin girls. Also much of their time is used in preparing and coordinating squadron functions like renovations, meal campaigns, and deployment send-offs and welcome homes.

# More airmen may live off base

By Staff Sgt. C. Todd Lopez Air Force Print News

WASHINGTON - A change in how the Air Force figures unaccompanied housing requirements will call for fewer dormitory rooms -- meaning more airmen could move off base in the future.

Under the new policy, which took effect Jan. 1, the Air Force must provide dormitory housing for unaccompanied E-1s through E-3s and E-4s with less than three vears of service. Previously, the Air Force maintained dorm spaces for all unaccompanied airmen below E-5.

The policy change is designed to make the number of dorm rooms the Air Force must have available more predictable, said Chief Master Sgt. of the Air Force Gerald Murray.

"It is easier to base a construction policy on years in service as opposed to rank within the service," Chief Murray said. "We feel this construction policy will give us the best predictability."

Basing dorm room requirements on how many air-

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https://css.acc.af.mil/ For more information, call the base

public affairs office at 722-0027.

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get," Chief Murray said. The problem lies in the wide range of time it takes for senior airmen to graduate to the noncommissioned officer grade.

"It currently takes an average of 4.6 years until our airmen sew on staff sergeant, but it used to be as high as six years," Chief Murray said. "Some take as much as seven or eight years time."

Calculating how long it takes an airman to reach E-4 is not nearly as unpredictable. Most airmen reach E-4 within four years -- some in as little as two with a below-the-zone promotion. That combination of rank, time in service and predictability makes the three-year senior airman the ideal cutoff point, Chief Murray said.

"Our standard will be that we will provide housing for airmen with up to three years service, and at that point, if dormitories are not available, our policy will provide other options for them," Chief Murray said.
"We believe that our young airmen have the pay and allowance to go into the downtown areas and afford



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the freedom of America has not gone unnoticed. Thank you.

## Basketball tourney

The women's base basketball team hosts Camp Lejune at the fitness center Saturday at 2 p.m. Also a men's base team tournament is Jan. 23-25, and a women's base team tournament is Jan. 30 through Feb. 1. Both tournaments are at the fitness center. For more information, call 722-0408.

### **ADA league** begins

The American Dart Association's steel tip league begins Wednesday at 7 p.m. at the enlisted club. Sign-ups end Tuesday. The league consists of three-person teams and lasts 10 weeks. ADA membership is \$15 and \$3 a week to play. For more information, call 722-5910

### Martial arts

Martial arts classes are being offered for \$35 a month for youth and adults at the community cen-Youth classes meet Mondays, Tuesdays and Thursdays from 5:30-6:30 p.m. Adult classes are Wednesdays and Fridays from 5-6 p.m. For more information, call 722-0339.

## Nutrition workshop

A diet and nutrition workshop is held Fridays at 11 a.m. at the family support center. Topics vary from healthy recipes to food cost and handson cooking to cooking for picky eaters. For more information, call 731-1525.

### Diabetes education

Learn about the importance of diet and exercise in managing the fight against diabetes class Tuesdays from 10-11:30 a.m. at the health and wellness center. For more information, call 722-0579.

## Family hours at the Y

Children of YMCA members ages 12-15 are allowed to use the facilities weekdays from 6-8 p.m. and weekends 2-4 p.m. A letter from the parents must be in the family's membership file in order for access. If there is no letter, parents must signin the child themselves. For more information, call 778-

# WITH THIRTY DAYS OFF, YOU'LL HAVE PLENTY OF TIME TO REFLECT ON THE REST OF YOUR PERKS.

Take a day or two and think about full health and dental benefits, a housing allowance, tuition assistance and regular pay raises. Not to mention free use of base facilities that could include golf courses, swimming pools, weight rooms and more. Visit our Web site at AIRFORCE.COM or call 1-800-423-USAF.



# Back off, pain!

Costs, causes of low back pain persist, yet remain avoidable

By Capt. Roger Rogers 4th Med Group Physical Therapist

Most physical therapists would agree that one of the most common diagnoses they treat is low back pain.

Low back pain is not unique to the military; it costs billions of dollars to treat and is frequently a major cause of lost time at work.

Here at Seymour Johnson we are no exception, low back pain is the top reason for visits to our physical therapy clinic and the number two cause for active duty visits to the medical treatment facility.

Low back pain can be caused by several different problems, such as lumbar muscle strain. intervertebral disc herniation, degenerative disc disease, degenerative joint disease or arthritis, along with several other less common diagnoses.

The problems may be caused by a specific trauma or injury, hereditarily, or may have just come on with age.

There are several different treatment approaches for low back pain patients.

Physical therapy is one method of treatment. Physical therapists treat low back pain with multiple approaches. These treatments may consist of therapeutic exercises, manual therapy, electrical stimulation, traction, deep heat, e.g. ultrasound, hot packs or ice.

After an initial evaluation by a therapist, the individual patient and the cause of the pain will usually dictate treatments.

Over the years, there has been a lot of controversy over which treatment or treatments work best for a patient with low back pain.

An article was written recently by Dr. James Rainville and Elizabeth Pegg Frates, who holds a doctorate in Biomechanics. In it, a therapeutic exercise program seems to be the treatment of choice for patients with pain for more than three months of pain.

The article discusses how for many years people with low back pain have stayed away from exercise due to a fear of worsening the problem. Additionally, many studies have shown the effectiveness of therapeutic exercises in treating back

This is not to discount the other forms of that exercises for things such as flexibility or trunk stabilization have been shown to be very effective as a treatment for low back pain.

Another common cause of low back pain is overuse injuries. These consist of things such as improper lifting techniques, poor ergonomic workstation set up or just the way someone performs activities of daily living in their home/work.

In many cases, just correcting someone's lifting technique may help alleviate the problem. Following this, may be an adjustment of the workstation and a proper exercise pro-

Therefore, as you can see treatment for low back pain is an active not a passive process.

In order to be seen in physical therapy for low back pain, the patient must first make an appointment with their primary care manager.

If the PCM feels this is needed, they will put

treatment mentioned above, it just points out in a referral for physical therapy. Once the consult is activated, the patient can call TRI-CARE or the physical therapy clinic at 722-1846 to schedule an appointment.

Following the initial evaluation, the therapist will come up with a treatment plan. This plan could vary from receiving a home exercise program, coming into the clinic 2-5 days per week for treatment and exercise or both.

For many patients low back problems may be very debilitating. Though back pain may not always be avoidable, in many situations it can be prevented or decreased.

With preventive exercises, correct lifting, proper posture, appropriate ergonomic workstations and a good exercise routine, one can condition their body to do what they need to

Therefore if one can follow some of these rules, many episodes of back problems could be avoided.

### Standing:

Change positions often Stand with one foot up on object Stand with good posture Lifting:

Bend your knees

Lift with your legs not your back Keep objects as close as possible

Sitting:

Sit with back against rear of chair Sit with feet flat on the floor and knees at hip height Use lumbar support roll

Try to avoid bending forward

Sleeping:

Sleep with good supportive mattress Pillow between knees if on side with knees bent Lifting: Twist while lifting

Bend over with straight legs Lift objects above your shoulders

Stand in one position too long Bend forward with legs straight

Stand with poor posture

Sitting: Sit with poor posture

Standing:

Sit in chair too high or positioned too far from worksta-

Sit for period for more than 45 minutes

Sleeping:

Sleep on non supportive or sagging mattress and cush-

Don'ts

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Want more? For more Air Force news, visit www.af.mil





# Kitty Hawk Theater

Admission: \$1.50 for children, \$3 for Adults

722-0359

Saturday

Cat in the Hat

(PG) 4 p.m.

Cat in the Hat

(PG) 7 p.m.

The Missing

(R) 9 p.m.

you are just along for the enjoy-

Friday
Gothika
(R) 7 p.m.

Master and Commander (PG-13) 9 p.m.

Halle Berry stars in this men-

tal institution thriller that revers-

es the roles from doctor to

patient in the blink of an eye.

The overall look and feel of the

picture worked, but the same

can't be said for the plot devices

and story. Berry does a fine job.

One of the top five best films

of 2003, "Master and Commander" surpasses all

expectations one might have for

the film and continuously pushes

forward. Everything about this

movie is good and beyond. The

film centers on Russell Crowe's

character and his crew trying to

exact revenge on a French ship

after it tracked, fired upon and practically destroyed their own.

Things go wrong, horribly some-

times, and the crew endures on

the strength of their captain. The

story is paced so well, as to not

pound the audience with action,

and that's the point. It's not always about the "fast times," the

Master and

Commander

####

XX

Samuel King Jr.

Public Affairs

Gothika

quiet times have meaning as well. This is why the film works. It rolls with the current and follows the tide instead of direct route. As the audience,

# able ride. The Missing

The vastly stoic interpretation on the John Wayne classic "The Searchers" hits the target on most counts but still ends up feeling like it's missing something. Cate Blanchett and Tommy Lee Jones were great in the leads. The film just lacks a connection between the characters, especially when it really counted. The extended escape/ shoot-out sequence was very long and takes the viewer away from the heart of the story - the

# father-daughter relationship. The Cat in the Hat



Mike Myers as a cat, there's something already wrong with that. The movie is awful, yes it's true. Awful for kids and especially for you. Suess should remain animated or better yet in books, not on the big screen, drawing wincing looks. Run from this flick as fast as you can,

# Sunday

Looney Tunes (PG) 2 p.m.

Master and Commander (PG-13) 4 p.m.

Timeline (PG-13) 7 p.m.

go and watch that big green Shrek guy, and the adorable gingerbread man

# Looney Tunes: Back in Action



The idea for this film turned out much better than the follow-through. The notion of the cartoons being actors working for Warner Brothers is smart. It adds reality to the concept that made Roger Rabbit work so well. But that gets abandoned quickly for weak cameos and too much slapstick comedy. The insightful idea gets dumbed down to cater to the kids and sell tickets. Whereas "Who framed Roger Rabbit?" stuck to its smart premise, the Looney Tunes drop the cleverness of plot quicker than an anvil on Wil-E-Coyote's head.

## Timeline



Paul Walker in the middle ages and a time travel movie to boot. This is just too easy. I bet he goes through the time machine fast and then fights some furious knights on nitro-boosted horses. No work

# AAA



# **Local events**

**Superbowl party:** The enlisted club hosts a Superbowl weekend beginning Jan. 30 at 9 p.m. The band Mardi Gras with Sammy O'Banion will be performing. Cost is \$5 for members, \$7 for nonmembers. For more information, call 722-1192.

Inside the gate:

**Ski trip:** Outdoor Recreation is planning a skiing trip Jan. 17-19 and Feb. 14-16. Cost is \$340 for one person, \$250 for two people. For more information, call 722-1106.

Free hockey tickets: Outdoor Recreation has up to 1000 free tickets for the Jan. 25 Carolina Hurricanes hockey game at the RBC Center in Raleigh. For more information, call 722 1404

### Outside the gate:

Play auditions: Auditions for "To Kill A Mockingbird" are Monday and Tuesday from 6-8 p.m. at Wayne Community College. The play will be March 11-14. For more information, call 735-5151.

Lindbergh exhibit: The North Carolina Museum of History is hosting a free Charles Lindbergh exhibit now through February. Museum hours are 9a.m. to 5 p.m. Tuesdays -Saturdays and noon to 5 p.m. Sundays. For more information, call 733-3456.

Reading program: Wayne County private and public libraries are holding a reading of "To Kill a Mockingbird" Jan. 12 at 10 a.m. For more information, call 735-5151.

# Wordsearch answers

### It's all relative

From Page 5





Is someone you know using drugs?

Call the anonymous drug abuse hotline

722-DRUG

Good for one free ride AADD 722-3333

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